




















September Adult Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9/1  Labor Day Holiday Hours 7am-3pm	9/2  RedCross Blood Drive 2-7pm	9/3  Skyline Summer Shred 5:30-6:15pm	9/4 Yoga 4 Flexibility 6-7pm	9/5  Skyline Sunrise Outdoor Yoga 7-8am	9/6 Aqua Fit 8:30-9:15am 
9/7  Intro to Pickleball 9:30-11am	9/8	9/9  Membership Community Open House 4:30-7pm	9/10  New Class Cycle Sculpt 5:30-6:15pm	9/11  Skyline Sunrise Outdoor Yoga 7-8am	9/12 Squash Mixer 5:30-7:30pm	9/13 Aqua Fit 8:30-9:15am
9/14	9/15  Sunset Outdoor Yoga 6:15-7:15pm	9/16 Zumba 6:45-7:30pm	9/17 Mahjong 12-2pm 	9/18 Yoga 4 Flexibility 6-7pm	9/19 Skyline Sunrise Outdoor Yoga 7-8am	9/20  Aqua Fit 8:30-9:15am
9/21  Intro to Pickleball 9:30-11am	9/22	9/23 Skyline Sunrise Yoga 7-8am 	9/24  New Class Cycle Sculpt 5:30-6:15pm	9/25 Yoga 4 Flexibility 6-7pm	9/26 Squash Mixer 5:30-7:30pm 	9/27 Aqua Fit 8:30-9:15am  Mat Pilates 10:15-11am
9/28 Employee BBQ Clubs Closing Early at 3pm	9/29  Abs & Booty 6:30-7:15pm	9/30 Zumba 6:45-7:30pm 		Register in the MyLSF app Reach out to ICMembership@LakeshoreSF.com for more information		